

Protect the Appalachian Trail

LEAVE NO TRACE



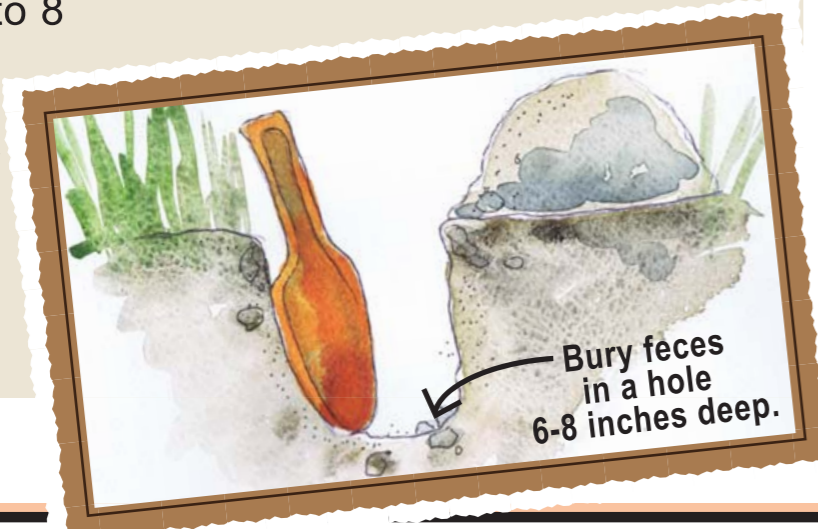
PLAN AHEAD AND PREPARE

- ▶ Carry a litter bag and use it. Bring a lightweight trowel for burying human waste.
- ▶ Bring a waterproof bag and 50 feet of rope for hanging food, trash and other scented articles.

DISPOSE OF WASTE PROPERLY

- ▶ Pack it in; pack it out. Refrain from burning, burying or leaving any litter or extra food.
- ▶ Use the privy only for human waste and toilet paper. Pack out disposable wipes and hygiene products.
- ▶ Walk at least 100 feet (40 steps) away from shelters, water sources and campsites to dispose of urine, toothpaste, cooking water and strained dishwater, and to wash bodies, dishes or clothing. Minimize any use of soap.
- ▶ If there is no privy, walk at least 200 feet (80 steps) away from campsites, shelters, trails and water sources to bury feces in a hole 6 to 8 inches deep.

Bury or carry out toilet paper.



TRAVEL AND CAMP ON DURABLE SURFACES

- ▶ Walk on the trail; avoid using shortcuts.
- ▶ Remove branches from the trail, rather than going around and creating new trails.
- ▶ Avoid expanding existing campsites.

LEAVE WHAT YOU FIND

- ▶ Take only photographs. Leave cultural artifacts and natural and historic features undisturbed.
- ▶ Don't mark or carve on shelters or signs.

MINIMIZE CAMPFIRE IMPACTS

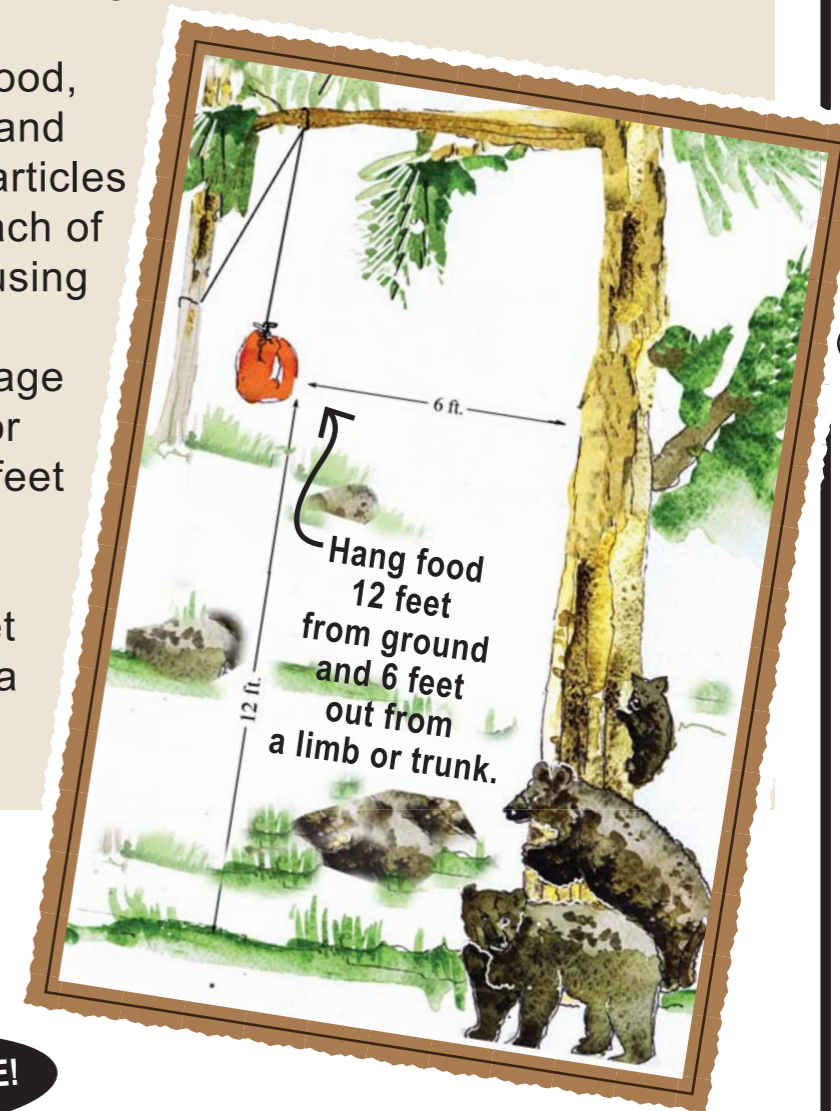
- ▶ Use stoves for cooking. Build a fire only where it's legal; use an existing fire ring and keep your fire small. Collect dead and downed wood that's no bigger than your wrist.
- ▶ Avoid burning trash; leave fire rings clean.

BE CONSIDERATE OF OTHER VISITORS

- ▶ Keep loud voices and noise to a minimum. Refrain from using cell phones or audio equipment around other hikers.
- ▶ Keep your dog away from drinking water sources. Ask before bringing your dog into a shelter. Bury your dog's waste as your own, or pack it out.
- ▶ Don't "take over" shelters; be welcoming, and limit your stay.

RESPECT WILDLIFE

- ▶ If you are hiking with a dog, keep it restrained and leashed at all times.
- ▶ Avoid feeding wildlife. Pack out all food scraps.
- ▶ Store food, garbage and scented articles out of reach of animals using approved food storage devices or hang 12 feet from the ground and 6 feet out from a limb or trunk.



LEARN MORE!

For more information, visit the Appalachian Trail Conservancy, www.appalachiantrail.org/LNT or the Leave No Trace Center for Outdoor Ethics, www.LNT.org, phone 1.800.332.4100. On Facebook, see "Appalachian Trail Leave No Trace."